

<b>B MenuCycleMONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3/4 c <b><u>CreamedTurkey</u></b> <b>1</b> 2 CS over 1 <b><u>WWBiscuit</u></b> (1CS) ½ c Oriental Blend Veg or opt cook's choice 2 <sup>nd</sup> veg 3 Tomato slices on Lett Leaf ½ c Fruit Cocktail 1CS (1WholeGrainBrd 1CS)	1 <b><u>Ginger Pork Chop</u></b> <b>2</b> ½ c Baked Potato 1CS 2 T. Light sour cream ½ c <b><u>Seasoned Spinach</u></b> or optional cook's choice 2 <sup>nd</sup> vegetable Seasonal Fruit (grapes) 1-2 CS (2 WholeGrainBrd 2CS)	2 oz Hot Beef on <b>3</b> 1sl <b><u>WholeGrainBread</u></b> 1CS ½ c <b><u>Mashed Potatoes</u></b> 1CS & 3 oz <b><u>Gravy</u></b> ½ c Green Beans ½ c Peaches 1 CS (1 WholeGrainBread 1CS) Make & chill H.Chicken Salad	1 c <b><u>HawaiianChicken</u></b> <b>4</b> <b><u>Salad</u></b> 1CS 1 <b><u>WWCornbread Muffin</u></b> 2CS + 2 t. margarine ½c salt free <b><u>StewedTomatoes</u></b> ½ c <b><u>AppleCrisp</u></b> 1½ CS &Topping (0 WholeGrainBrd) Make Perf Salad for Friday	1 c <b><u>Lasagna Rotini</u></b> <b>5</b> <b><u>Casserole</u></b> (3CS) ½ c Peas (1CS) ¾ c SF <b><u>LemonPerfection</u></b> <b><u>Salad</u></b> ½CS ½ c Pears (1CS) (1 WholeGrainBrd 1CS)
<b><u>Taco Casserole</u></b> 2CS <b>6</b> ½ c Plain ckd carrots 1+c <b><u>Tossed Salad/2T</u></b> <b><u>BalsamicVinegarDr</u></b> OR 4 oz LS V-8 Juice Seasonal Frt (orange) (1-2CS) (1/2 WholeGrainBrd ½ CS) Make Frt in Pudding for Tues	2 oz <b><u>Meatloaf</u></b> 1/2 CS <b>7</b> ½ c Boiled Potato 1 CS + 1 t. margarine ½ c Broccoli or opt ck's choice 2 <sup>nd</sup> veg ¾ c <b><u>Apricots in SF Pudding</u></b> 1CS (2 WholeGrainBrd 2CS)	3 oz Roast Pork <b>8</b> ½ c <b><u>Company Potatoes</u></b> 11/2 CS ½ c Cooked Cabbage 2 Plums, fresh or ½ c canned in light syrup (1 CS) (2 Whole Grain Brd 2CS)	¾ c <b><u>Grd Beef/GrBean</u></b> <b>9</b> <b><u>Casserole</u></b> (1CS) ½ c PotatoRounds/Tots 1CS served over casserole 1 Seasonal Fruit (banana)(1-2CS) (2 WholeGrainBrd2CS) Make Fruit in Jello for Fri	1c <b><u>Chicken&amp;Dressing</u></b> <b>10</b> 2CS ½ c <b><u>Baked Squash</u></b> ½ CS ½ c <b><u>Harvard Beets</u></b> 1CS ¾ c SF <b><u>Jello w/Frt Cocktail</u></b> 1CS (1 WholeGrainBrd 1CS) Defrost LS ham for Monday
2 oz <b><u>LS Ham</u></b> <b>11</b> ½c <b><u>BkdSweetPotato</u></b> 2CS ½ c Peas 1CS ½ c Apricots 1CS (2 WholeGrainBrd 2CS) Make Potato Salad for Tues	3 oz Hamburger/ WholeWheat Bun 2CS <b>12</b> ½ c <b><u>Potato Salad</u></b> Tomato slices on Lett Leaf 1 pkt ketchup, 1 T mustard ½ c <b><u>cooked apples</u></b> 11/2 CS (0 additional Bread)	1 1/8 c <b><u>Beef &amp; Noodles</u></b> 1½ CS <b>13</b> ½ c <b><u>Seasoned Spinach</u></b> or optional cook's choice 2 <sup>nd</sup> vegetable ¾ c <b><u>Crunchy Cranberry Salad</u></b> on ¼ c <b><u>shred lettuce</u></b> 1 ½ CS Seasonal Fruit (peach) 1-2 CS (1 WholeGrainBrd 1CS)	3 oz <b><u>Citrus Chicken</u></b> <b>14</b> ½c Baked potato 1CS ½ c Green beans w/onion ½ c <b><u>Acini Di Pepe</u></b> 1CS served over 1/3 c chilled drained Pineapple 1CS (2 WholeGrainBrd 2CS) 1 T light sour cream, 1 T. marg	3 oz Roast Beef <b>15</b> ½ c <b><u>Mashed Potatoes</u></b> 2 T <b><u>Gravy</u></b> ½ c <b><u>Corn O'Brian</u></b> SeasonalFrt(orange)1-2CS (2 Whole Grain Brd 2CS) <b>BD</b> ay(Can switch menu to different day: Unfrosted banana cake sprinkled lightly w/powdered sugar & ½ c ice cr (4 CS)
1 <b><u>Swiss Steak&amp; ¼ c</u></b> <b>16</b> <b><u>Tomatoes&amp;onion</u></b> ½ c Baked Potato 1CS ½ c Oriental Blend Veg or optional cook;s choice 2 <sup>nd</sup> vegetable Seasonal Fruit (grapes)(1-2CS) (2 WholeGrainBrd 2CS) Make Frt in Jello for Tues	1c <b><u>Stroganoff (grdbeef)</u></b> <b>17</b> <b><u>Casserole</u></b> 2 ½ CS ½ c salt free <b><u>Stewed Tomatoes</u></b> ½c <b><u>Cucumber/Balsamic</u></b> <b><u>VinegarDr</u></b> ¾ c <b><u>Pears in Jello</u></b> CS (1 WholeGrainBrd 1CS) Make Cucumbers for Wed	1 c <b><u>Chicken Alfredo</u></b> 2CS <b>18</b> ½ c <b><u>Harvard Beets</u></b> 1CS ½ c Grape Jc 1½ CS ½ c Fruit Cocktail 1CS (1Whole Grain Brd 1CS)	1½c <b><u>HungarianGoulash</u></b> <b>19</b> (meat, grain & veg serv) ½ c Cooked Cabbage Seasonal Frt (pear)(1-2CS) (1 WholeGrainBrd 1CS) Make Peach Crisp for Fri	<b><u>Breaded Baked Fish</u></b> <b>20</b> ½c <b><u>BakedSweet Potato</u></b> 2CS ½ c Peas 1CS ½ c <b><u>Peach Crisp</u></b> 1½ CS ½ c Ice Cream 1CS (2 WholeGrainBrd 2CS) Defrost chicken for Monday
2+oz <b><u>ChickenParmesan</u></b> <b>21</b> ½c <b><u>OvenBkBrownRice</u></b> 1½ CS ½ c <b><u>Baked Squash</u></b> ½ CS 1c lowcal cran jc cockt 1CS ½ c <b><u>CookedApples</u></b> 1CS (1WholeGrainBrd 1CS)	1 <b><u>PorkChopw/CelerySc</u></b> <b>22</b> ½ c <b><u>Mashed Potatoes</u></b> 1CS ½ c <b><u>Green Bean Casserole</u></b> ½ c <b><u>Tropical Fruit</u></b> (1CS) (2WholeGrainBrd 2CS) Defrost enough turkey for Thurs & Monday Make Sunshine Salad for Wed	3 oz <b><u>BBQ Beef on Bun</u></b> 2CS <b>23</b> ½ c <b><u>Parslied Carrots</u></b> ½ c <b><u>Potato Salad</u></b> 1½ CS ¾ c <b><u>LimeSunshineSalad</u></b> 1CS Seasonal Fruit (banana ) 1-2 CS (0 additional bread) Prepare enuf turkey tomorrow for next Mon & freeze Thurs night	3 oz Rst Turkey(whole) <b>24</b> ½ c. <b><u>Mashed Potatoes</u></b> 2 T <b><u>Gravy</u></b> ½ c Broccoli OR 4 oz LS V-8 Juice ½ c Pears (2WholeGrainBrd 2CS) Prepare Frt in Pudding for Fri &Refrig	2 c <b><u>Taco Salad</u></b> 1/2CS <b>25</b> ½c <b><u>TacoMeatBeanMix</u></b> 2CS 1med wholewheat roll <b>OR</b> 3 oz Hamburger on Bun & ½ c of 2ckd fzn vegetables ¾ c <b><u>Fruit in Pudding</u></b> 1CS Defrost turkey in refrig over wkend

<b>Recipe and menu abbreviations:</b> <b>AP</b> As Purchased <b>EP</b> Edible Portion ~ Approximately <b>CHO</b> Carbohydrate <b>CS</b> Carb Servings	<b>CS</b> = Carb Serving Each CS = <b>~15 grams CHO</b> for diabetics who are controlling CHO intake  <b>LS</b> Low Salt/Low Sodium <b>SF</b> Sugar Free	<b>SF gelatin (Jello) measure:</b> .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.	<b>SF instant pudding (Jello brand) measure:</b> 1 oz = 5 T or ¼ c + 1T  <b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily
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**RECIPES are included for BOLDED underlined items on this cycle.** Underlined unbolded recipes are from previous cycle.

**All meals include:** 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving

Record any menu substitutions necessary on the menu substitution form. Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.*

**ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.**

**Canned Fruits:** Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to =1 fruit serv)

**High Vitamin K vegetables:** cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

**Gelatins** (Jellos) are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes.

**VEGETABLES are to be frozen or salt free canned. Vegetable Blends** on Cycle A (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

**Fish:** When fish is on the menu offer a cook's choice LS meat for nonfish eaters; **MEASURES:**

1 Tablespoon = 1T. = 3 teaspoons = 3 t.

1 cup = 16 Tablespoons

1 pint = 2 cups

1 quart = 4 cups

1 gallon = 4 quarts = 16 cups

**A PINT is a POUND (of liquid) the WORLD AROUND**

Many other solid, heavy measures of 1 pint also = 1 pound

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

¼ cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;

2/3 cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

**SCOOPS:**

#6 = 2/3 cup = 10 2/3 T.      #30 = 2 T.

#8 = ½ cup = 8 T.      #40 = 1 2/3 T.

#10 = 3/8 cup = 6 T.      #50 = 3 ¾ t.

#12 = 1/3 cup = 5 1/3 T.      #60 = 3 ¼ t.

#16 = ¼ cup = 4 T.      #70 = 2 ¾ t.

#20 = 3 1/3 T.      #100 = 2 t.

#24 = 2 2/3 T.

The number on the scoop indicates how many level scoopfuls make 1 quart.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = ½ cup;

½ c is the measure of a #8 scoop when level.

**LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):**

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 ½ cups
2 oz	¼ cup = 4 T	6 oz	¾ cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T		1 pint or 1 pound of liquid